



Why Choose Abstinence? It's God's Will.

The Transformed to Succeed program motivates teens to choose sexual abstinence as the lifestyle that God wants for their life. Participants can see this program with or without seeing any of the other Aim for Success programs. The following outline requires at least sixty minutes.

Program Outline (Grades 6 – 12)

- I. **Intro: *The "Lie Detector" game:*** Students learn the importance of knowing the difference between lies and the truth (Rom 12:-12; John 8:32, 44)
- II. **Lie # 1 – *"Everybody's Doing It!"*** **Truth** – Most teenagers have not had Sex!
- III. **Lie # 2 – *"I can do whatever I want with my body!"*** **Truth** – Your body belongs to God. (Gen 1-2; Heb 13:4; 1 Tim 5:2; Rom 1:24-25; 1 Thess 4:6)
- IV. **Lie # 3 – *"Having sex will make me a man!"*** **Truth** – Men are responsible and treat women with respect. (Ps 112:1; Job 31:1)
- V. **Lie # 4 – *"I'm ready to have a baby!"*** **Truth** – God says you're ready after you're married. (Eccl 3:5) Statistics on teenage pregnancy show that children raised outside of marriage have a more difficult life.
- VI. **Lie # 5 – *"Sex is no big deal, nothing is gonna happen to you."***
 - a. **Truth** – Sin has consequences. (Gal 6:7) Sex has the risk of Sexually Transmitted Diseases.
 - b. **GAP game** – Don't be fooled by the "Gap"! The "Gap" is what we call the distance of time between bad choices and consequences. Consequences are certain, they just don't always occur right away.
- VII. **Lie # 6 – *"I can do everything, except go all the way."*** **Truth** – God says that we are not even to HINT at sexual immorality. (Matt 5:28-29; Eph 5:3)
- VIII. **Lie # 7 – *"God's Will is for me to be happy."*** **Truth** – God's Will is for you to be holy. Your body is the temple of the Holy Spirit. (1 Thess 4:3-7; 1 Cor 6:19-20)
- IX. **Lie # 8 – *"God is holding out on you."*** **Truth** – God says that sex inside of marriage is satisfying. (Prov 5:15-20)
- X. **Role Play game** - Students learn refusal skills through a fun role play game.
- XI. **Lie # 9 – Girls: *"If I have sex with him, he'll love me and stay with me."* Guys: *"If you love me, you'll have sex with me."*** **Truth** – True Love Waits. This section discusses emotional scars and true love. (1 Cor 13:4-5; Gen 29:20; Prov 31:10-12)
- XII. **Conclusion – Music video:** Students visualize the benefits of waiting until marriage.
- XIII. **Survey** - A voluntary survey is offered at the conclusion. Aim for Success tabulates the surveys and sends a report of the survey results and comments from students.